



Creating A Senior Friendly Baltimore

Mission Statement

The Baltimore City Commission on Aging and Retirement Education (CARE), created in 1973, is directed to plan and coordinate services and acts as the city's primary advocate for Baltimore's older adults and their families. Our mission is *"Helping Seniors live better... one day at a time"*. We partner with older adults and with those who provide (or could provide) services and resources to older adults - including caregivers.

Serving Seniors Throughout Baltimore City

Curbing Abuse in Medicare and Medicaid (CAMM) 410-396-2273

CAMM is designed to increase senior awareness of health care fraud and to assist seniors in resolving fraud issues.

Elder Abuse Prevention 410-396-3144

This program actively involves the community by teaching citizens how to recognize the signs and symptoms of elder abuse. Resources for prevention and resolution are provided.

Eating Together in Baltimore 410-664-0700

Provides group meals and social activities for seniors throughout the city.

Home - Delivered Meals and Services 410-558-0827

This program delivers nutritious meals directly to the home of any housebound senior within Baltimore City.

Information and Assistance 410-396-2273

Provides information, referral and access to aging services and programs for persons 60 years and older.

Family Caregivers Program 410-396-1326

Provides information, assistance, respite and supplemental services to family caregivers, including grandparents 60 and above, that are raising their grandchildren.

Legal Services to the Elderly 410-396-1322

Contracted through the Bar Association of Baltimore City, the project offers free legal assistance in general civil matters to Baltimore City residents 60 and above.

Senior Health Insurance Assistance Program (SHIP) 410-396-CARE (2273)

SHIP provides seniors with general information on a variety of health insurance issues as well as counseling and claims assistance.

Community Based Services

Assisted Living 410-396-CARE (2273)

Housing is available for frail elderly citizens, 62 and above, which allows them to remain in the community of their choice. Services include supervised living, group meals, housekeeping and personal care, and subsidy to qualified residents.

Hooper Adult Day Care Services 410-396-8067

Located in Patterson Park, the center specializes in and offers adult day care services for individuals affected by Alzheimer's disease and other related disorders.

Taxi Card Program 410-664-1123

Taxicab transportation is provided for seniors and disabled Baltimoreans.

Homebound Assistance 410-396-1337

Participants in Meals on Wheels who may need additional help are referred to CARE's Homebound Assistance Program.

Medicaid Waiver for Home and Community Based Services 410-396-CARE (2273)

Gives older adults age 50+ a choice between nursing home care or receiving services in a community based setting.

Medical Services 410-396-1295

CARE and the University of Maryland Medical Systems partner to bring primary care medical services to seniors. Most commercial health insurance programs, HMO's and Medicare and Medical Assistance are accepted. These services are offered at the Waxter Center.

Public Guardianship 410-396-CARE (2273)

A program which provides life management services for individuals 65 and above who are unable to make decisions for themselves.

Waxter Senior Center Plus Program 410-396-1337

Waxter Senior Center Plus offers a structured day program that provides activities and social contact for seniors needing minor assistance.

Senior Care
410-396-CARE (2273)

Provides services such as home care, transportation, adult day care, respite and more in order to help seniors continue to live in their homes and communities.

Senior Centers
410-396-CARE (2273)

Located throughout Baltimore, these centers offer a wide range of services and programs which help meet the social, physical and intellectual needs of older adults. Activities include informal classes, trips, crafts, fitness and educational programs, special events and socialization.

**Life Long Learning,
Enrichment &
Educational
Opportunities**

Ages on Stages
410-396-4932

Intergenerational theatre ensemble which produces contemporary, dramatic skits utilizing seniors and high school students. The group performs at schools, senior centers and community organizations.

Educational Opportunities
410-396-CARE (2273)

Through a partnership with Baltimore City Community College, CARE activity centers offer classes in computers, wellness, and creative skills.

Retirement Education
410-396-5780

CARE provides two-day seminars for city employees, as well as consultant services on retirement planning for private corporations and public organizations.

Volunteer Opportunities
410-396-4932

Various opportunities exist for volunteer work. Volunteers visit nursing homes, assist staff, help with promotions and events and aid in direct services.

Ombudsman/Advocacy

Ombudsman Program
410-396-3144

Monitors nursing homes and investigates complaints from residents and families about nursing homes and assisted living programs.

TRIAD
410-396-4932

Community-policing partnership trains law enforcement officers to offer seniors social service referrals and tips "on the spot." Call to volunteer as a TRIAD team member.

Call for more information
410-396-CARE (2273)

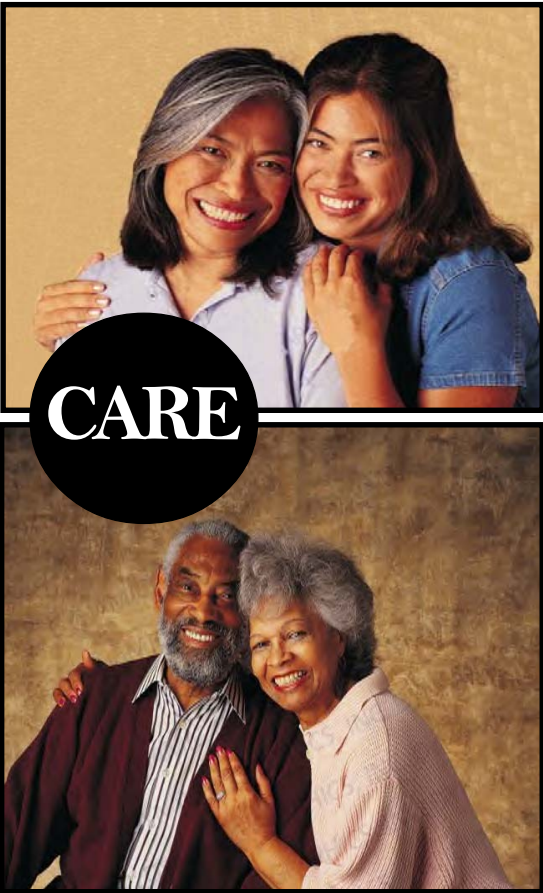
City of Baltimore
Martin O'Malley, Mayor
Dr. Otis Bentley Michael, Chair
John P. Stewart, Executive Director



Commission on Aging and
Retirement Education
10 N. Calvert Street - Suite 300
Baltimore, Maryland 21202

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